

**Full Report (All Nutrients) 01190, KRAFT FREE Singles American Nonfat Pasteurized Process Cheese Product**

Report Date: October 08, 2015 07:16 EDT

Nutrient values and weights are for edible portion.

Food Group : Dairy and Egg Products

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 slice 21g
<b>Proximates</b>					
Water	g	58.00	--	--	12.18
Energy	kcal	148	--	--	31
Energy	kJ	619	--	--	130
Protein	g	22.70	--	--	4.77
Total lipid (fat)	g	1.00	--	--	0.21
Ash	g	6.10	--	--	1.28
Carbohydrate, by difference	g	11.70	--	--	2.46
Fiber, total dietary	g	0.2	--	--	0.0
Sugars, total	g	6.70	--	--	1.41
<b>Minerals</b>					
Calcium, Ca	mg	712	--	--	150
Iron, Fe	mg	0.05	--	--	0.01
Phosphorus, P	mg	923	--	--	194
Potassium, K	mg	236	--	--	50
Sodium, Na	mg	1298	--	--	273
Zinc, Zn	mg	2.50	--	--	0.52
<b>Vitamins</b>					
Vitamin C, total ascorbic acid	mg	0.2	--	--	0.0
Riboflavin	mg	0.280	--	--	0.059
Vitamin A, IU	IU	2166	--	--	455
<b>Lipids</b>					
Fatty acids, total saturated	g	0.700	--	--	0.147
Cholesterol	mg	16	--	--	3